

Salina



June 3-4, 2016

2016 SALINA SENIOR GAMES SCHEDULE

Registration Deadline: Wednesday, May 18, 2016 • Registration Fee: \$25.00

DATE	TIME	EVENT	LOCATION	COORDINATOR
Friday, June 3	7:00 am - 12:00 pm	Athlete Check-In	Quality Inn & Suites 2110 W. Crawford	Recreation Staff & RSVP
	8:00 am	Swimming	Kenwood Cove	Brittany Sheehan
	8:00 am	Golf	Great Life Golf Course 1800 S. Marymount	Mike Hargrave
	9:00 am	Horseshoes	Sunset Park 700 Sunset Dr.	Phil Reed
	10:00 am	Pickleball	YMCA 570 YMCA Dr.	Nancy Shaw
	2:00 pm	Basketball 3 pt. Shot/Free Throw Football/Softball Throw	YMCA 570 YMCA Dr.	Hope Varela
	11:00 am - 2:00 pm	Sandwich Buffet	Quality Inn & Suites 2110 West Crawford	Recreation Staff
	3:00 pm	Handball/Racquetball	YMCA 570 YMCA Dr.	Hope Varela
Saturday, June 4	7:00 - 8:00 am	Athlete Check-In	Salina Central H.S. 650 E. Crawford St.	Recreation Staff & RSVP
	8:30 am	Field Events		
	10:00 am	Track Events		
	8:30 am	Player Check-in	Cottonwood School 215 S. Phillips Ave	Pete Smuckers Wayne Zachary
	9:00 am	Table Tennis		

Track and Field Order of Events:

Field Events:

8:30 a.m.

High Jump (Men/Women)

Triple Jump (Men/Women)

Long Jump (Women/Men)

Standing Long Jump

(Women/Men)

Pole Vault (Men/Women)

9:15a.m.

Javelin (Men/Women)

Discus (Men/Women)

Shot Put (Women/Men)

Running Events:

10:00 a.m. Rolling Schedule

All running events will start with women first followed by men.

100 M Dash

1500 M Run

50 M Dash

200 M Dash

800 M Run

1500 M Race Walk

400 M Dash

QUALITY INN & SUITES

2110 W. Crawford • I-135 & W. Crawford Exit 92

Salina, KS 67401 • (785) 825-2111

Please call directly for our \$72.00 rate (per night, excluding taxes).

Includes Hot Express Breakfast • These rates are good June 3rd & 4th

Reservations must be made by June 1, 2016 to guarantee this rate.

GENERAL INFORMATION

June 3-4, 2016 | Salina, KS

IN THE INTEREST OF GOOD HEALTH ALL SENIOR GAME EVENTS ARE SMOKE FREE

ATHLETE CHECK-IN:

All athletes will be required to check in prior to competing in the Salina Senior Games. Check-in will be at the Quality Inn and Suites 2110 W. Crawford St. Athletes may pick up their welcome bags at check-in. Please refer to schedule for times.

WHO IS QUALIFIED TO PARTICIPATE:

Anyone 50 years of age on or before December 31, 2016.

AGE FOR COMPETITION:

Competition is divided by gender groups. Age categories for men & women are: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+.

REGISTRATION:

Entry fee is \$25.00 and **MUST** be postmarked by May 18, 2016. Entries may be mailed to P.O. Box 736 Salina, KS. 67402-0736 faxed to (785)309-5769, or hand delivered to the Salina Parks & Recreation office at 300 W. Ash, room 100.

Please note: YOU WILL NOT BE ALLOWED TO COMPETE until the liability waiver in the enclosed entry form has been signed! Entries sent without appropriate signature and entry fees will be returned.

GOLF FEES:

Entry fee (\$30.00), includes; SSG entry of a maximum of 5 events and greens & cart. Entry fee must be paid at the venue (Great Life Golf & Fitness) the day of the event. You may use your own motorized golf cart **at no** additional trail fee.

KSO DEFINITION OF 'PROFESSIONAL':

Professional athletes are not eligible to compete in the Salina Senior Games in the sport in which they are professionals until 20 years after the date they last competed as professionals. A professional is an individual who competes in a sport for money as a primary source of personal revenue. Persons who compete in a sport in which minor amounts of money are given as prizes are not deemed professionals.

Mail, Fax or Deliver your completed entry form with payment to:

Salina Senior Games 2016
Salina Parks and Recreation Department
PO Box 736 (if mailed)
300 W. Ash, Rm 100
Salina, KS 67401

Phone: (785) 309-5765
Fax: (785) 309-5769

NO PARTNERS WILL BE ASSIGNED. Athletes may compete with only one partner per sporting event.

DOUBLES/ MIXED DOUBLES: Doubles refers to 2 persons of the same gender, Mixed doubles refers to a man and a woman, The age of the youngest participant will determine the age bracket for both the double and mixed doubles events. ***A partner's name MUST be indicated on the entry form.***

AWARDS:

Medals will be awarded for 1st, 2nd, & 3rd places in each event for each age group for both men & women. All awards will be presented at the venue upon completion of the event. All awards must be picked up on site. **AWARDS WILL NOT BE MAILED** - the age bracket for both the doubles & mixed doubles events. ***A partner's name MUST be indicated on the entry form.***

VENUES:

Venues for SSG are spread across the city. Be sure to allow sufficient travel time. Competitions WILL NOT be delayed if you have not arrived. ***If you are not at the venue at the correct time, you forfeit. Conflicts in scheduling of events are the responsibility of the athlete!***

CANCELLATION OF EVENTS:

THE SSG STAFF RESERVES THE RIGHT TO CANCEL ANY EVENT WITH INSUFFICIENT ENTRIES AT THE ENTRY DEADLINE. CANCELLATION OF OUTDOOR EVENTS MAY BE REQUIRED DUE TO INCLEMENT WEATHER.

REFUND POLICY:

Entry refunds requested in writing to the SSG in Salina will be granted through May 26, 2016. There will be a \$5 processing fee charged for each refund granted. **THERE WILL BE NO REFUNDS GRANTED FOR ANY REASON AFTER May 26, 2016.**

SSG NOT RESPONSIBLE FOR INJURIES TO PARTICIPANTS:

The City of Salina is, by law, not responsible for medical conditions or injuries that a participant might incur while on property intended or permitted for recreational purposes. Participants are financially responsible for all care that might be necessitated by reason of participating in any City recreation program.

GENERAL SPORT INFORMATION

Expanded rules will be available at the venues or upon request.

BASKETBALL : Free Throw & 3 Point Shot

Soft soled athletic shoes must be worn. Free throw shots are made from the standard 15 foot line. Men 70+ and women 60+ will shoot from 11 feet. 3 point shots may be made from anywhere behind the standard 3 point (19'9") line. Each player will shoot a total of 20 throws (2 rounds of 10) for each event. Ties will be broken by each player attempting an additional 10 throws.

GOLF: 18 Hole Scratch

Golfers are required to furnish their own clubs. The use of golf carts during competition is mandatory. Green fees and cart fees must be paid at the venue (Great Life Golf & Fitness) the day of the event (\$30.00). You may furnish your own cart.

RACQUETBALL/HANDBALL:

Players should provide their own protective eye wear designed for racquet sports (**mandatory**) and provide their own racquets. Balls will be provided. Entrants will play 2 games to 15, with an 11 point tie breaker.

HORSESHOES:

Singles (40 shoes total count)

Competitors are required to furnish their own horseshoes.

PICKLEBALL:

Singles, Doubles, & Mixed Doubles

Players should provide their own paddles, (a few loaners will be available). Balls will be provided.

A match is the best of 3 games. A game is to 11 points.

TABLE TENNIS: Singles, Doubles, Mixed Doubles, and Draw doubles: Players must provide their own paddles (sandpaper paddles are not allowed). Balls will be provided. Orange shirts, jackets, or shorts are not permitted. Play shall consist of a five-game match. The winner shall be the player to win 3 games. A game is won by the first player to score 11 points. Sequence of play to be singles, doubles, mixed doubles, and draw doubles with overlap possible.

RACEWALK: 1500M

Athletes must wear clothing that will not impede the view of the judges. Athletes must use proper race walking techniques or risk disqualification.

SWIMMING:

Swimmers must provide their own swimming equipment. All swimming events will be timed finals. The breast stroke and butterfly turns must be done with both hands touching simultaneously. The backstroke and freestyle require some part of the body to touch the wall. **Limit 5 Events**

Backstroke: 50, 100, 200 yards

Breaststroke 50, 100, 200 yards

Butterfly 50, 100 yards

Free Style 50, 100, 200, 500 yards

Individual Medley 100, 200 yards 4 strokes

TRACK & FIELD:

No needle spikes will be allowed for field events.

Quarter inch spikes will be allowed and must be furnished by the athlete. The 50, 100, 200, 400, 800, & 1500 meter events will be timed finals. SSG will provide certified throwing implements for all events and age groups. Field events may run simultaneously with track events.

Men 50-59

1.5kg Discus 700g Javelin 6 kg Shot

Men 60-69

1.0kg Discus 600g Javelin 5 kg Shot

Men 70-79

1.0kg Discus 500g Javelin 4 kg Shot

Men 80 +

1.0kg Discus 400g Javelin 3 kg Shot

Women 50-59

1.0kg Discus 500g Javelin 3 kg Shot

Women 60-74

1.0kg Discus 400g Javelin 3 kg Shot

Women 75+

.75kg Discus 400g Javelin 2 kg Shot

FOOTBALL : Accuracy & Distance

Men will throw a mid-size. Women will throw a Jr. League football. Balls are provided.

***Accuracy:** Five consecutive throws will be made by each contestant from the following distances:
Men: 8 and 12 yards; Women: 7 and 10 yards.

***Distance:** Three consecutive throws for distance. Standing or running throws, overhand or underhand throws may be used.

SOFTBALL: Accuracy & Distance

Both men & women throw a standard 12 inch softball. Balls will be provided.

***Accuracy:** Uses same target & same scoring formats for football accuracy. Distances are: Men – 8 and 12 yards; Women – 7 and 10 yards.

***Distance:** Uses same throwing & scoring format as for football distance throw.



A Special Thank You to the
SALINA SENIOR GAMES
2016 SPONSORS:

Capitol Federal Savings
Salina Regional Health Center
Salina Media Group
USD #305
Solomon State Bank
Salina Horseshoe Club
Bennington State Bank
Salina Table Tennis Club
Weigel Insurance Agency
RSVP/The Volunteer Connection
YMCA
Dillions
McDonalds
Quality Inn & Suites

LIABILITY WAIVER

(This MUST be signed and returned to compete/volunteer in the SSG)

MANDATORY WAIVER: In consideration of being allowed to participate in, or assisting others in participating in the Salina Senior Games athletic program, its related events & activities, the undersigned acknowledge, appreciate, & agree that: 1. The risk of injury involved in this program is significant, including the potential for permanent paralysis & death, and while particular skills, equipment, & personal discipline may reduce this risk, the risk of serious injury does exist; and, 2. I KNOWINGLY & FREELY ASSUME ALL SUCH RISKS, both known & unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, & assume full responsibility for my participation; and, 3. I willingly agree to comply with the stated & customary terms & conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation & bring such to the attention of the nearest official immediately; and, 4. I hereby consent to allow my picture and/or voice or likeness to appear in any official documentary, promotional, exclusive television, radio or film coverage of the Salina Senior Games in any manner incidental to my participation in the Salina Senior Games and without compensation to me and, 5. I, for myself, and on behalf of my heirs, assigns personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS the Salina Senior Games, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("releases"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

FOR PARTICIPANT OF MINOR AGE (under 18) This is to certify that I, as parent/guardian with legal responsibility for this participant/volunteer, do consent and agree to his/her release as provided about of all the Releases, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

SIGN HERE TO PARTICIPATE

Participant/guardian signature

(name of minor if applicable)

date

By affixing my signature hereto, I attest that I am physically fit and have trained sufficiently for the activities in which I intend to participate and the events I have chosen to enter. The City of Salina, the Department of Parks & Recreation, and its employees, and authorized representatives have permission to obtain immediate medical care and I consent to hospitalization, the performance of necessary diagnostic tests, the use of surgery, and/or the administration of drugs in an emergency. I understand that I am responsible for payment of medical expenses.

Name of Insurance Policy: _____

Physician's Name: _____ Physician's Ph #: _____

Emergency Contact Person: _____ Relationship: _____

Emergency Contact's Address: _____

Emergency Contact's Ph #: _____ Work Ph #: _____

2016 SALINA SENIOR GAMES

In the interest of good health, all SSG events are smoke free!!

OFFICIAL ENTRY FORM

Last Name _____ First Name _____ MI _____ Male ☐ Female ☐
Birth Date ____/____/____ Age on Dec. 31, 2016 _____ (Free) T-Shirt Size _____
Address _____ City _____ State _____ Zip _____
Home Phone _____ Work # _____ Cell # _____ E-mail _____

EVENTS

BASKETBALL

- ☐ 3 Point Shot
☐ Free Throw

FOOTBALL THROW

- ☐ Accuracy
☐ Distance

SOFTBALL THROW

- ☐ Accuracy
☐ Distance

GOLF (Additional fee at venue)

- ☐ 18 Hole Scratch

HORSESHOES

- ☐ Singles

RACEWALK

- ☐ 1500M

PICKLEBALL

- ☐ Singles
☐ Doubles Partner _____
☐ Mixed Doubles Partner _____

SWIMMING: LIMIT 5 EVENTS

- Backstroke ☐ 50 ☐ 100 ☐ 200 yards
Breaststroke ☐ 50 ☐ 100 ☐ 200 yards
Butterfly ☐ 50 ☐ 100 yards
Free Style ☐ 50 ☐ 100 ☐ 200 ☐ 500 yards
Indiv. Medley ☐ 100 ☐ 200 yards (4 strokes)

HANDBALL/RACQUETBALL

- ☐ Singles ☐ Doubles (Partner) _____
☐ Mixed Doubles (Partner) _____

TABLE TENNIS

- ☐ Singles
☐ Doubles Partner _____
☐ Mixed Doubles Partner _____
☐ Draw Doubles

YOU MAY CHOOSE FIVE TRACK AND/OR FIELD EVENTS

Please list them here:

Event #1 _____

Event #4 _____

Event #2 _____

Event #5 _____

Event #3 _____

TRACK EVENTS

50 M
100 M
200 M
400 M
800 M
1500 M

FIELD EVENTS

High Jump
Javelin
Long Jump
Triple Jump
Shot Put
Discus
Standing Long Jump
Pole Vault

REGISTRATION FEES

\$_____ REGULAR ENTRY FEE (\$25 MUST be postmarked by Wednesday, May 18, 2016)

\$_____ SANDWICH BUFFET FRIDAY 11 AM—2 PM

_____ Athlete _____ Guest (\$8 per person) _____ # of guests

\$_____ I would like to support the Salina Senior Games with a donation.

\$_____ TOTAL AMOUNT

MAKE CHECKS PAYABLE TO: CITY OF SALINA

Do you want your results printed in your hometown paper? _____

Name of paper: _____

Address: _____

E-mail address only: _____

Comments: _____

PLEASE BE SURE TO:

Include all pages of this entry form.

COMPLETELY FILL OUT, SIGN, AND RETURN THE LIABILITY WAIVER AND MEDIA RELEASE!

Fill out the sandwich and salad lunch registration form if you plan to attend.

ADVANCE RESERVATIONS ARE REQUIRED!

Include your signed check or money order.

SIGN BELOW.

I certify that I have read and am familiar with the rules, regulations, and format of my sport (s) and have read the general information section contained in this entry packet. I have completely filled out and signed the liability release and have provided the name of an emergency contact person. I am willing to provide proof of age if so requested at any time during the Salina Senior Games.

PARTICIPANT'S SIGNATURE _____

***NO ATHLETES PERMITTED TO COMPETE WITHOUT SIGNED LIABILITY WAIVER!!**